

## **Rochdale & District [Bury] | MIND**

A local charity and membership organisation who provide mental health services for people living in the Borough of Rochdale. We also provide Advocacy service in Bury (including local hospitals and in the community).

We provide a range of services to support people with mental health and wellbeing issues - designed by people with lived experience for service users. We're focused on wellbeing and recovery, and supporting people to lead fulfilling lives.

## **Community Business Cafes | Rochdale & Middleton**

We'll welcome you with a friendly smile along with information on Rochdale and District Mind services.

The project provides support and training and decreases social isolation. Everybody who joins the project will be given training in areas such as customer service and food hygiene.

The cafés create a viable alternative work experience and training options, which reflect the needs of people with mental health issues in the Borough of Rochdale. The café projects are a safe and supportive environment for those who attend, and their views are listened to and respected.

**Rochdale: 01706 648562** [*runs Variety Cooking Sessions every Tuesday*]

**Nye Bevan House, Maclure Road, Rochdale, OL11 1DN**

**Middleton: 0161 653 5278 | Units 5-6 Midway House, off Fountain, Middleton, M24 1AF**

## **Growth Project [Rochdale]**

Our award winning Growth Project works in partnership with Hourglass to provide a safe and supportive haven at our allotment.

The project aims to promote good mental and physical wellbeing through outdoor activity in a green environment.

On your first visit to the project, our Wellbeing Co-ordinator will meet you and spend some time during the day to find out the best ways in which we can support you personally. You will also be given a full induction by our on site horticultural expert.

**[info@rochdalemind.org.uk](mailto:info@rochdalemind.org.uk) | 01706 752 336 | [www.rochdalemind.org.uk](http://www.rochdalemind.org.uk)**



## **Bury Healthy Minds [NHS Trust]**

For people over the age of 16 years, who are registered with a GP in Bury or live in the Bury area.

We offer support and treatment for those who are experiencing symptoms such as difficulty sleeping, low mood, stress, worry or anxiety, feelings of low self worth or panic attacks.

It can also help those dealing with the effects of a **long-term health problem or chronic pain | Post Natal Depression | Obsessive Compulsive Disorder | Phobias | Eating Difficulties | Post Traumatic Stress Reactions.**

The service is delivered by a range of professionals including therapists and counsellors, who will find a level of treatment that is right for you. This could be a class workshop, an online or telephone based course of self-help treatment, or an individual therapy session.

We also provide specialist groups for those experiencing Post-Natal Depression and for those with long term health conditions.

*To refer: click on the online referral form & select 'Bury'*  
**<https://healthyminds.penninecare.nhs.uk>**

## **Bury Healthy Young Minds | Child & Adolescent Mental Health Service**

1 in 4 people have some sort of mental health problem at some time in their lives. You are not alone!

This can include things like feeling stressed or worried, down or depressed, angry or overwhelmed. Sometimes these feelings can be a reaction to problems in your life like bullying or arguments at home. Sometimes the feelings can be a response to memories or problems from the past. And sometimes you just don't know why you feel the way you do.

Healthy Young Minds is here to help. This website gives you information on how to help yourself, where to go for more help and what we offer here.

**<http://healthyyoungmindspennine.nhs.uk> | 0161 716 1100**  
**Fairfield General Hospital, Rochdale Old Road, Bury, BL9 7TD**

## **Bury LGBT Networking**

Bury LGBT Networking is not a social group. We do not meet. We pass on information via our e-mail address or our Facebook page. There are currently no specific services in Bury for LGBT adults.

*To receive the occasional e-mail when/if we are informed of events:*

***burylgbtnetworking@live.co.uk | <https://www.facebook.com/groups/111173332274964>***

If you require further support services or information: **The LGBT Foundation** is based in Manchester: ***<http://lgbt.foundation> | <https://lgbt.foundation/groups>***  
***Helpdesk: 03453 30 30 30 | 0161 235 8035***

## **ADHD Northwest**

For individuals and families affected by Attention Deficit Hyperactivity Disorder (ADHD) and associated conditions. Information, advice, support and training for individuals, parents, families, professionals and other stakeholders throughout the north west.

***Barbara Worrall [Chairman]: 01524 411044***

***reception@adhdnorthwest.org.uk | [www.adhdnorthwest.org.uk](http://www.adhdnorthwest.org.uk)***

## **Bury 2gether**

Community Support Network for Parents and Carers of young people (aged 0-25) with SEND (Special Educational Needs & Disabilities) who access services in Bury.

Aims to work with Education, Social Care, Health and other services to ensure Parent and Carer voices are represented, when designing services for our children, young people and families.

Help us to shape future services in Bury! Together with YOUR participation, WE can build a supportive community, that advocates for Parents and Carers.

Managed by Parents and Carers, supporting Parents and Carers.

***bury2gether@gmail.com | <https://www.bury2gether.co.uk>***

## **Aiming High Arts & Drama | Bury Met**

Aiming High sessions use physical activities and the use of drama games to encourage young people suffering from mental and physical disabilities to encourage them to gain more confidence, become more independent, improve their life and communication skills and for them to express themselves.

### ***Aiming High Juniors 9-13 | 10:30 - 11:30 | £4***

The Junior group uses physical activities and drama games to create a safe place for young people to express themselves, encourage them to become more independent and improve life skills like team working, communication skills and confidence building.

Performing in a short show every term, the young people learn to have focus, a goal and enjoy a big achievement.

### ***Aiming High Seniors 14+ | 11:30 - 13:30 | £5***

Following a similar structure and content as the Junior sessions, the senior group focuses more on developing acting skills and promoting independence. The group will also perform in a short show every term.

Aiming High is run by highly qualified drama practitioners.

***<https://themet.org.uk/event/aiming-high-2> | Box office: 0161 761 2216***

## **Arcade Club | Bury**

An 80s style video arcade game club based in Bury with classic video games and pinballs all on free play. Entry is £10 for adults and £5 for under 16s. If you show proof of being a carer you can enter free of charge.

***<https://www.arcadeclub.co.uk>***

## **Boomerang Play Centre | Bury**

Boomerang is the largest multi sensory play centre OPEN TO ALL CHILDREN in the North West. A charity formed in Bury in 2007 by a group of parents and carers with a vision to cater for all children throughout the region, regardless of their ability level or needs. Finding enjoyable and inviting places to take children with various, complex needs has been an ongoing challenge for many years.

The Centre includes a Soft Play Area, Cafe and Sensory Room.

***Please call on 0161 764 4842 to discuss your needs.***

***<https://www.boomerangcentre.co.uk>***

## **AADD-UK Manchester Support Group**

***Meets every 2nd Monday: 19:00 - 21:00***

***[contact@maddchester.com](mailto:contact@maddchester.com) | [www.maddchester.com](http://www.maddchester.com).***

## **First Point Family Support Service | formerly Bury Parents Forum**

We passionately empower families and professionals to make informed choices. Built on our innovative and personable approach we aim to make life changing differences:

Referrals from the School Nursing Team  
1-1 Support for Social Care Families  
Post Diagnostic Service ADHD and ASD

***Julie Taylor Bell [Admin Support]: [admin@firstpointsupport.org.uk](mailto:admin@firstpointsupport.org.uk)  
[www.firstpointsupport.org.uk](http://www.firstpointsupport.org.uk) | <https://www.facebook.com/firstpointsupport>***

***Annara House, 7-11 Bury Road, Radcliffe, M26 3UD***

## **Autism Friendly Screenings | Cineworld, Vue and other cinemas**

We offer an autism friendly screening every month.

In an autism friendly screening you can expect that: lighting will be kept on, volume levels will be reduced and you can also take in your own food and sit where you like.

Apply online for a CEA card which enables the carer to get in free.

## **I Will If You Will | Yoga & Tai Chi for Women & Girls**

### ***Who is it for?***

Yoga is perfect for anyone looking to give their physical and mental wellbeing a boost! Just wear clothes you feel comfortable exercising in and bring a bottle of water and blanket for the cool-down. A lot of classes provide mats and blocks but you can bring your own if you prefer.

### ***What is it?***

Based on an Indian spiritual philosophy, Yoga is a hugely popular holistic exercise regime for all. There are several types of yoga but each offers similar benefits including improved cardiovascular fitness, posture, flexibility, strength, better quality of sleep and mental focus.

### ***What does it look like?***

Mat-based poses that aim to provide a union between mind, body and spirit, promoting peace of mind as well as improving posture, physique and general fitness. You'll focus on your strength, flexibility and breathing to help realign your body, lengthen neglected muscles and noticeably tone your physique!

### ***Yoga Iyengar***

***Mon 10:00 - 11:00 @ Christ Church Walmersley, Walmersley Road, Bury***

***Mon 19:00 @ Sunnybank Community Centre, 248 Sunnybank Road, Unsworth, Bury***

### ***Yoga for Anxiety & Depression [8-week course]***

***Thurs 19:30 - 21:00 @ Creative Calm Yoga Studio, 371 Bury New Road, Prestwich***

### ***Tai Chi***

Tai chi, also called tai chi chuan, combines deep breathing and relaxation with slow and gentle movements. Originally developed as a martial art in 13th-century China, tai chi is today practised around the world as a health-promoting exercise. No need to book, just turn up.

***Mon 10:45 - 12:15 @ Longfield Suite, Longfield Centre, Prestwich***

## **Walking Football**

Don't get left on the bench! Join us for walking football where running is not allowed.  
Run by Bury FC qualified coach. Suitable for over 50's.  
No need to book, just turn up. Costs £3.50 per session.

**Tues @ 11:15 - 12:00**

**Castle Leisure Centre, Bolton Street, Bury, BL9 0EZ**

**0161 253 5893**

## **Lifestyle Change Support Session**

A free personalised support session to help you overcome barriers, set goals and make plans to live more healthily.

**Weds 15:00 - 19:30** - sessions to be booked in advance

**Castle Leisure Centre, Bolton Street, Bury**

**[lifestyleservice@bury.gov.uk](mailto:lifestyleservice@bury.gov.uk) | 0161 253 7554**

## **End the Fear | Greater Manchester Against Domestic Abuse**

**GREATER MANCHESTER DOMESTIC ABUSE HELPLINE 0161 636 7525**  
**MON – FRI, 10AM – 4 PM EXCL. BANK HOLIDAYS**

### **WHAG (Women Housing Action Group)**

Domestic violence floating support service:

Legal advice, housing and signposting | One to One Support | drop in groups.

Languages - Urdu and Punjabi.

**Mon - Fri 8:00 - 19:00 | Sat - Sun 10:00 - 18:00**

**[www.whag.info](http://www.whag.info) | 0161 761 5266 | [walmsley.house@whag.info](mailto:walmsley.house@whag.info)**

### **WHAG outreach service for men**

For men who are experiencing domestic abuse:

**0161 761 5266 | [whag@whag.info](mailto:whag@whag.info) | [www.whag.info](http://www.whag.info)**

## Manchester Rape Crisis

A confidential support service, run by women for women and girls who have been raped or sexually abused.

The charity was established in 1976 by local women, as a grass roots response to the lack of appropriate services for women who had experienced sexual violence. Today, Manchester Rape Crisis continues to support women who have been raped or sexually abused no matter how long ago the event occurred.

Manchester Rape Crisis has a telephone helpline service, which provides advice, information and support to women and girls surviving sexual abuse.

The helpline **also provides a signposting service for male survivors** and offers information and advice to friends, partners and other family members supporting survivors.

***mrcrasacs@btconnect.com | 0161 273 4500***

***Mon - Fri: 10:00 - 16:00 | Weds & Thurs: 18:00 - 21:00***

## The Gaddum Centre | Bury Carers Centre

The role of Gaddum Bury is to improve the lives of carers throughout the borough - a service for carers who provide unpaid care or assistance for a relative, friend or neighbour who is frail, has a disability or a long term physical or mental illness.

They can signpost and refer carers to the appropriate sources of support available, and can offer information on services locally and nationally.

The Carers Centre run a number of activities for carers, including:

***Chair based Tai Chi | Complementary Therapy | Art Class | Drop in/Coffee morning | Knit & Stitch | Ukulele Workshop | Legs, Bums and Tums | Sing 4 Joy | ICT | Meditation | Substance Misuse Support Group | Mental Health Support Group***

Young Carers Worker:

Provides advice and guidance to schools within the Borough of Bury around identifying young carers and offering support groups and 1:1 sessions.

***www.gaddumcentre.co.uk/bury-carers-centre***

***burycarers@gaddum.co.uk | 0161 763 4867***



## **The Woodies | Men in Sheds**

The group is aimed at reducing social isolation in men over 50. Whether it be through job loss, bereavement, caring responsibilities or depression we are here with a brew and a listening ear. We have been funded by Groundwork Ambition for Ageing and recently received money from Bury Council Social fund from The Pitch for hand tools.

We have many bench tools and hand tools. We also have a disturbing lathe and tools.

We make various items for example planters, bird boxes, bat boxes, bird tables etc all from recycled wood.

We take orders and will make any item requested. We are available to make raised bed planters etc. for other community groups.

All monies made are returned to the group for overheads and equipment etc.

**Colin Harrison: 07985092347 | [woodies.mensheds@gmail.com](mailto:woodies.mensheds@gmail.com)**

**Mon - Wed: 09:30 - 12:30**

**Cost: £20 per year for cricket club membership**

## **Zen**

Offering an alternative venue for those discerning souls amongst us who are looking for entertainment and enlightenment all in one place. Relax. Come and Zen out with us.

Zen aims to offer holistic spirituality to those searching for more. We aim to have a wide diversity of activities on offer for those looking for something different. That includes speakers, workshops, social events and more. Some of our speakers and events could be considered New Age but often come from practices steeped in ancient rituals and mysticism. We also aim to host speakers such as artists and therapists who believe in the power of the Mind Body and Spirit connection that can help people make better choices in their own health and well-being. Free membership.

### Home to **Zen Vegetarian Cafe**

A vegetarian cafe located inside a relaxing wellness space offering holistic services.

A small walled garden for outside eating and more seating at the front in a covered area. Events are held at additional times during the week and a set 3 course menu (3 choices minimum for each course) for £12 when there is no event on Saturday evenings. Roughly 40% of food is vegan. Food is home cooking style made-in-house. As well as smaller tables there is often a large table to socialise with other diners.

**[zen@mindandbodybury.co.uk](mailto:zen@mindandbodybury.co.uk) | [www.mindandbodybury.co.uk](http://www.mindandbodybury.co.uk)**

# Connecting with Nature Offers New Approach to Mental Health

A report published in February 2016 shows that taking part in nature-based activities helps people who are suffering from mental ill-health and can contribute to a reduction in levels of anxiety, stress and depression.

The report, 'A review of nature-based interventions for mental health care' [also called Ecotherapy or Nature Therapy ] suggests making greater use of green care to help people suffering from mental ill-health. The new review was commissioned by Natural England from the University of Essex and Mind, the UK's leading mental health charity.

## Green Time: Nature Therapy for ADHD Children & Adults

'Children with ADHD who play regularly in green play settings have milder symptoms than children who play in built outdoor and indoor settings. This is true for all income groups and for both boys and girls. Interestingly, for hyperactive children, the apparent advantage of green spaces is true only for relatively open green settings.

Conclusions: These and previous findings collectively suggest that it is time for randomised clinical trials testing the impacts of regular exposure to greenspace as a treatment for ADHD.'

***From 2011 study 'Could Exposure to Everyday Green Spaces Help Treat ADHD? Evidence from Children's Play Settings'***

***[<http://onlinelibrary.wiley.com/doi/10.1111/j.1758-0854.2011.01052.x/full>]***

## Ecotherapy

The name given to a wide range of treatment programmes which aim to improve your mental and physical wellbeing through doing outdoor activities in nature. Connecting with nature in this way can have lots of positive health benefits.

***[www.mind.org](http://www.mind.org)***

## **BEATS Community Health Walks**

This 3-mile circular walk follows the same route as the 1-mile route up until the footbridge, where it then crosses the River Irwell and heads into Burrs Country Park, following the River to the Activity Centre, where walkers can enjoy a tea or coffee before heading back to Castle Leisure Centre. These walks are mainly on level ground, although the footpath alongside the river may be a little muddy at times and sturdy footwear is recommended.

***Fri 10:30 - 11:30 @ Castle Leisure Centre, Bolton Street, Bury  
walkwithme@bury.gov.uk | 0161 253 6396***

## **Bury Ramblers**

Bury Ramblers Group is part of the Greater Manchester & High Peak Area of the Ramblers. We have approximately 200 members. However, we are always ready to welcome new members. We organise walks in some of the finest countryside in the North of England where there is an extensive network of footpaths.

Would you like to join us to enjoy exploring these routes and by doing so perhaps improve your health and general fitness?

We have a wide range of walks on our programmes to cater for walkers of all levels of ability and experience.

If you think what we offer might be suitable for you, but are not sure, please contact us to see if we can convince you to give it a try.

***<https://www.buryramblers.com> | <https://www.buryramblers.com/contact.htm>***

## **Walnut Avenue Allotment Association**

We are a Community Allotment Group, open to all members of the community.

We also have a shop which is open to all, selling fertilizers, and all you need for the garden and your allotment.

We have chickens on site and eggs are available on order.

We have visits from school groups. Enquiries are welcome to arrange visits.

***07522 129530 | 10A Walnut Avenue, Bury***

## **Wheels 4 All**

A nationally recognised programme that embraces all children and adults with disabilities and differing needs, to engage in a quality cycling activity.

By using specially adapted cycles, the activities are both physically and mentally stimulating and above all fun for everyone involved.

***Saturdays | 12:00 - 14:30 @ Clarence Park, Bury.***

Wheels 4 All also offer private group bookings at Bury Athletic Track.

***0161 253 5893 for further info.***

## **Alternative Adventure in Bury**

Various venues across the Borough, please contact us for further information...

Alternative adventure offers a wide variety of activities including mobile climbing walls, mountain biking, walking, abseiling, archery, orienteering, rock climbing, kayaking, canoeing, raft building, earth ball, parachute games and navigation. Instructors are CRB checked, AALA Licensed (Adventure Activities Licensing Authority). Great for families or organised groups.

Residential courses are designed to meet customers needs. Duke of Edinburgh's award expeditions and birthday parties also available.

***01254 704898 | <http://www.altadv.co.uk>***

## **Green Spaces near you...**

### **Burrs Country Park**

On the River Irwell with 36 hectares of scenic countryside, one mile north west of Bury town centre. While in the south with over 500 acres of woodland, Prestwich Forest Park offers a unique place to enjoy the outdoors within a relatively built-up suburban area. Nuttall Park in Ramsbottom provides a large play area and scenic parkland paths to stroll while taking in the view of passing steam trains and the majestic Holcombe Hill rising in the distance.

On the outskirts of Ramsbottom heading for Hawkshaw village lies Redisher woods, 14 hectares of ancient woodland in a steep-sided stream valley with paths leading to Holcombe Moor ideal for a spot of pond dipping .

Forming part of the national cycle route the Kirklees Trail is a scenic 4.5km path for walkers, cyclists and horseriders along a former railway line linking Greenmount with Bury town centre.

**<http://www.visitbury.com/things-to-do/burrs-country-park-p85891>**

### **East Lancashire Railway**

Experience the sounds, smell and stunning surroundings of this heritage railway.

The East Lancashire Railway is your gateway to grand adventure.

Winding through the scenic Irwell Vale along a 12 mile line the East Lancashire Railway provides a truly unique journey past quaint villages and rural vistas,... stopping at Heywood, Bury, Summerseat, Ramsbottom, Irwell Vale and Rawtenstall, why not jump on board and explore.

Every stop offers a host of things to see and do, from real ale bars and quirky tea rooms, independent boutiques and high street shopping, restaurants and cafes, to museums, art galleries, theatres and more!

**<http://www.visitbury.com/things-to-do/east-lancashire-railway-p86041>**

## **Irwell Sculpture Trail**

Extending over 33 miles through Salford, Bury and Rossendale, the trail is the largest sculpture route in the UK and makes a great free day out for all the family, connecting local heritage, the landscape and communities. The trail also links a host of cultural attractions from art galleries and museums to the East Lancashire Railway.

Whether you are on foot, on a bike or simply walking the dog, the trail provides a fascinating backdrop to the local landscape. You don't have to do all 33 miles of the trail in one go, the trail can be split into bite size clusters allowing you to take a short walk or spend all day exploring the area.

***<http://www.visitbury.com/things-to-do/irwell-sculpture-trail-p12261>  
0161 253 5111 | Moss Street, Bury, BL9 0DF***

## **Redisher Wood**

Explore 14 hectares of Ancient Woodland, largely unchanged since the mid 19th century. Redisher Wood Local Nature Reserve a wooded valley at the base of Holcombe Hill, in the north of Bury, is one of the best ancient woodland sites in the Borough and home to a number of important woodland bird communities. In late Spring the steep valley sides are carpeted with Bluebells and Lesser Celandine lines the banks of Holcombe Brook as it passes through the middle of the valley. Local pubs can provide welcome refreshment after a hike up the valley.

***Park Road, Ramsbottom, Bury, BL0 9RZ  
<http://www.visitbury.com/things-to-do/redisher-wood-p298641>***